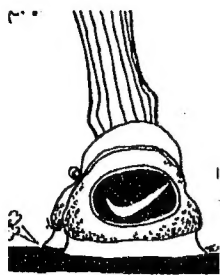


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The

University of Nebraska at Omaha

Friday, April 18, 1997

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additions sign on
the dotted line
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softball results
pages 8-9

**Towering Cans Can Make A Difference**

UNO Students
Ryan Carpenter
(left in photo at
right) and Craig
Nobiling build a
leaning tower of
pizza sauce during
the annual Bell
Tower Challenge
while two bell
tower look-alikes -
Barb Treadway
(left in photo
below) and Guy
Conway - watch
the festivities. The
annual event is
held to raise food
for the Omaha
Food Bank.



Photos by Chad Greene

Panel Discusses Crime, Safety on Campuses

BY RENÉE NOVY

UNO participated in an international forum on safety, crime, and violence on college campuses.

Five panelists answered questions posed by the moderator as well as questions posed by callers from the United States and Canada.

"Having strong security is a sharp recruiting tool for colleges, said panelist Doug Tuttle, director of the University of Delaware department of public safety.

"Parents are asking colleges and universities informed questions these days, like 'Are campus security officials sworn with the police force or are they just security officers?'" Tuttle said.

Tuttle said parents and students are no longer concerned primarily with the academic aspects or the price ranges of the universities and colleges where they will buy services.

Because of this fact, Tuttle said that progress in campus safety measures, like blue-light phone systems and enhanced 911 centers that can identify who the caller is and where the caller is calling from, have become marketing tools that can sway the decision as to whether or not a family will send their children to a particular school.

One of the biggest problems students face

regarding their safety and security on campus is the fact that students are not always given accurate information they need to know about crimes on their campus, said Ben Clery, president of Security on Campus, the national non-

profit organization which was instrumental in the passage of both the Student Right-to-Know Act and the Sexual Assault Victims' Bill of Rights.

"Our organization set out on a crusade to change this reality. Trends nationwide point to the fact that such negligence wasn't restricted to just a few colleges," Clery said.

With the passage in 1990 of the federal Student-Right-to-Know Act, all schools must report the statistics on murder, rape, burglary and other extreme cases of violence on cam-

puses, including weapons, liquor laws and drug violations during a three year period of time, Clery said.

Still, 10 to 13 percent of schools have not complied with the act, Clery said.

"Some of the cases of noncompliance have stemmed from failure to communicate, others, from reluctance, whether for fear of bad publicity, low retention rates or otherwise," he

-- see Safety, page 2 --

"One of the biggest problems students face...is the fact that students are not always given accurate information they need to know about crimes on their campus"

GMAT Goes High Tech

BY AMY SILVER

As of June 21, 1997, the Graduate Management Admissions Test (GMAT) for business school is moving into the age of technology.

Students will no longer be required to bring a number two pencil to the exam. The test is going to computer, according to a press release issued by Kaplan Education Center. The computer adaptive test (CAT) is taken privately, at a personal terminal, instead of taking the exam in a large group of test-takers.

There are several differences between the paper and pencil and the CAT. In the past, students have had the option of skipping around. Now, they will only see one question at a time, and the next question will be determined by that question's answer. If a student answers a question correctly, the next question is more difficult. If a student answers a question incorrectly, the next question is

easier.

The CAT has many other unique characteristics.

A student cannot skip around, or return to questions he already answered.

The level of question difficulty influences the final score, unlike the paper and pencil test, on which easy questions have the same value as more difficult ones.

Right or wrong answers to the early questions have a big impact on the rest of the test and the final score.

There is no exam booklet to mark up, only scratch paper.

The CAT is shorter.

The test scores are available immediately.

The CAT answers will not be available after the exam.

-- see GMAT, page 3 --

STEER-RIKE!

The Baseball team will face South Dakota at home and away this weekend, and the women have a home doubleheader against Morningside. See page 9.



Hollywood Teaches Psych At Temple U.

PHILADELPHIA (CPS)—While students in film courses routinely examine plot, dialogue and camera angles in movies, a Temple University class is watching Billy Crystal in "City Slickers" to learn more about what a mid-life crisis is. They're also watching Winona Ryder address young adulthood and Henry Fonda struggle with old age.

Marsha Weinraub, the instructor of the Temple psychology class, says she believes these actors serve as the perfect guest instructors to demonstrate to students the stages of adult development.

By watching characters in such movies as "Reality Bites," "City Slickers" and "On Golden Pond," students can examine how characters change as they age and grow.

Take Mitch, Crystal's character in "City Slickers," a comedy in which three pals in mid-life decide to join a cattle drive. Mitch has a good job, a loving wife, nice house, cute kids and loyal friends. He has, Weinraub tells her class, fulfilled the three criteria for defining adulthood: economic independence, readiness to marry and raise children and decisiveness about his career.

But Mitch is having a mid-life crisis. "His crisis is that his life is boring," Weinraub says. "There are no risks."

A spark re-ignites Mitch's life when he learns to take risks—climaxing when he risks drowning to save Norman, a wayward calf. That's a prime example of generativity, the idea that adults in middle age begin to take an unselfish interest in establishing and guiding the next generation, says Weinraub.

The concept of mid-life is foreign to many of today's 21-year-olds, who are two decades removed from having to face that stage themselves, says Weinraub. Viewing the characters—and their stages of development—on film makes it more tangible.

"People who haven't taken the class think we just watch movies and talk about them," says senior psychology major Rebecca Feinsod. "But it goes a lot deeper than that. We examine how the characters in the movies change and if the changes are predictable with age. We really have to analyze the characters and think about them."

Weinraub adds: "It's not a film class. [Students] now appreciate that there are predictable, age-related changes with adulthood."

Skip the Caffeine; Get Massage Instead

By RENEE RYAN

A massage can increase mental alertness and free the mind of anxiety, said Richard Fetrow as he doled out free 10-minute samples to Borders bookstore patrons.

So students can use massage to help with studying, he added. Even a short massage session can have great benefits.

A licensed massage therapist since July of 1996, Fetrow received a bachelor degree in physical education from UNO, and completed the required 1000 hours of monitoring by the State Health Department to open his own massage studio.

He explained what to expect from a message session there.

During the first massage, the patient is given a health questionnaire, and the therapist may ask additional questions pertinent to giving a good massage.

The massage takes place in a warm, quiet room with relaxing music and subdued lighting.

After explaining the disrobing procedure, the therapist will leave the room to give the patient privacy. A sheet or blanket is over the body at all times, with only the part being worked on exposed. These usually include the limbs, back, neck, scalp, and face.

A light oil or lotion is used to make the massage smoother, and is also good for the skin to relieve dryness.

Fetrow begins his massages with lighter movements and progresses to heavier ones. He asks frequently if the pressure is sufficient, and if the patient is comfortable. "I want the massage to be beneficial and relaxing to the client," he said.

The benefits of massage include relief of muscle tension and stress, improvement of the body's immune system and circulation, increased flexibility of muscles, and relief of pain caused by tense muscles, Fetrow said. A feeling of calmness is restored as endorphins are stimulated, he added.

Other massage therapists claim increased action with the lymph system, Fetrow said, but some doctors disagree.

Fetrow thinks the image of massage therapists is improving. Years ago, he said, the profession had bad conno-



Richard Fetrow demonstrates the techniques and benefits of massage at Borders. Fetrow said formal training for massage is available in Omaha at four schools.

tations given to its sexual nature. But the demand is back. There are four schools for massage therapists in Omaha alone. The formal schooling adds a more professional and clinical aspect to the trade, he said.

Borders customer John May even brought his wife and two children to the free massage session. "I enjoy massage as a release of tension and stress," he said. "It just feels good."

-- from Safety, page 1 --

added.

Whatever happens on campus, it is in the public's right to know, said Tuttle.

"It's common decency. Whether it's through fliers or through the [campus] newspaper, the news has to get out," Tuttle said.

"I think it's very important for everyone to get involved as a partnership to insure security on campuses," said Margaret Jakobson, the chief advocate for the Equal Rights Alliance.

"Students themselves need to report crimes like anyone else," she said, in reference to the fact that many crimes on campuses do go unreported.

"How do we make sure schools comply?" Jakobson asked. "You as a consumer must ask questions to make sure that schools accurately report [crimes]. You as students have to be able to assist yourselves," she said.

"Campuses are a microcosm of society... not safe havens from crime," said Don Hopkins, chief of police of Colorado State University.

"I believe campuses are safer than most communities simply because of the ideas implemented for security that you don't

necessarily see in the general community," Hopkins said.

"(Campus security programs) offer escort programs, bike patrols, foot patrol—lots of things like community-oriented policing that many communities are still trying to get back," he said.

"The biggest crimes on campuses are property crimes, so students have to take precautions—don't lend out keys, don't prop doors open—you have to make sure to protect yourselves," Hopkins said.

A question called in from Austin, Texas, asked the panelists what campuses can do to help make students more aware of dangers that can be posed both on and off campus.

Hopkins said that universities must keep their doors open. "I think we have to make people on campus aware of outside guests, and remind them that sometimes other people will try to take advantage of us," he said.

Clery said that most statistics on crimes on campus are crimes by students on students.

"Our first responsibility is to make them aware so that they'll be involved in ensuring their own safety, because without that, no amount of policing will protect [students]," Clery said.

"If we can get [students] to start thinking preventatively, we'll

get them to think twice about things like jogging alone at 2 a.m.," Hopkins said.

Jakobson brought up the idea that sometimes informing our students or children of exactly what can happen in life sometimes may not be the easiest thing to want to tell them.

"We've had cases with faculty members and forcible rapes of students," she said. "Certainly, some things come from the outside, but how do you tell [students/children] about issues like that?" she asked.

Yvon McNicoll, president of the International Association of Campus Law Enforcement Administrators pointed out another possible difficulty.

"Many parents feel like once they've sent their children away to college they don't need to worry about their children anymore because we will now do it," he said.

"A college education is one of the most important and expensive products we'll buy in our lives," Jakobson said. "We need to be active consumers."

The discussion was broadcast and sponsored by the National Association of College Auxiliary Services and the International Association of Campus Law Enforcement Administrators.

Gateway

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Expo to Expose Cancer Risks

BY KIM GILFILLAN

If current trends continue, one in five of us will die from cancer this year — 1,500 people a day — according to the National Cancer Institute. In fact, cancer is the cause of one of every four deaths in the United States.

Forty percent will at least be afflicted with the disease.

For women, the rising concern is lung cancer, largely due to trends in female smoking. The rate of new cases is up 124 percent since 1973 and death rates are up 137 percent.

For men, the rate of new cases of prostate cancer is up 173 percent since 1973...173 percent. The prostate cancer death rate is up 23 percent. For African-American men, who have the highest rate of prostate cancer in the world, it is up 41 percent.

Skin cancer rates have doubled since 1973, and the death rate is up 34 percent.

In recognition of National Cancer Awareness Month, guidance for handling these statistics will be offered at the University of Nebraska Medical Center Cancer Awareness Expo.

The theme, A Healthier Future Starts Here, includes a chance to talk with health care professionals about lowering risk of cancer through healthier lifestyles, learning about cancer breakthroughs in Nebraska, tours of their patient care and research facilities, educational materials, and chances to win prizes.

The expo will be held from noon to 5 p.m., Sunday, April 20, in the Med Center's Outpatient Care Center west atrium. Admission is free.

-- from GMAT, page 1 --

Robert Levy, the national director of business school programs for Kaplan said, "Scores are good for five years, so if a student is more comfortable taking the paper and pencil format, it makes sense to take the test on June 21." As of 1997, the paper and pencil test is still available, but Kaplan expects to test by CAT exclusively by 1999.

Will work for cash



One's the bank employee?



Kristina Allender (far left in photo at left) and seniors Dave Coleman (facing in above photo, from left) and John Deases visited with potential employers at the Career Fair Wednesday in the Student Center.

Phi Beta Kappa Not Always Academic Status Symbol it Once Was

BY JUDY BRAGINSKY
College Press Service

Students used to view invitations to join Phi Beta Kappa as coveted honors, even the highlight of their collegiate careers. Nathaniel Hawthorne and John Quincy Adams owned the small, engraved gold key signifying membership in the nation's oldest academic honor society. George Bush has one. Bill Clinton, too.

Today however, increasing numbers of students are apathetic, even contemptuous, toward what used to be academe's instantly recognizable status symbol. Hundreds, to date, have tossed invitations to join the society in the trash.

"I was offended at the idea of joining," said Mathew Davies, a senior at the University of Arizona whose GPA of "around a 3.89" earned him an invite. The physics and math major, soon enroute to India on a Fulbright Scholarship, thinks honoraries "are fluff and "hardly any meaningful measurement of who you are."

Such attitudes at first horrified Douglas W. Foard, Phi Beta Kappa's executive secretary at the honorary society's headquarters in Washington, D.C. In 1995, "The Arizona Daily Star" in Tucson reported that 23 of 62 University of Arizona students declined to join the society when invited. That report prompted the society to poll its 240 chapters. It discovered UA wasn't an

anomaly. At Wayne State University, 51 of 102 students invited to join also passed up the opportunity. Of 145 students at the University of Texas at Austin, 56 of 145 also declined.

"For most people, it was just inconceivable that anyone would turn down membership," Foard said.

In fact, refusing Phi Beta Kappa's gold key was compared by some scholars to an actor turning down an Oscar or an Eagle Scout refusing a merit badge.

"What's next? Reject the symbolism of the sheepskin, merit badges, presidential medals, Oscars?" asked Richard Magat, a visiting fellow with the Program on Non-Profit Organizations at Yale University. "Certain artifacts count for something, and it is carrying coolness too far to dismiss the Phi Beta Kappa distinction (for which, alas I never qualified) out of hand."

The survey found, overall, 85 percent of the students who receive invitations to join Phi Beta Kappa do so. "The remaining 15 percent of students are not unexpectedly concentrated in the larger universities," said Charles Blitzer, president of the society.

Election to Phi Beta Kappa membership and the \$22 gold-plated optional key is reserved for the academic to 10 percent of the senior class who have a liberal arts major.

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Opinions & Editorials

Letters to the Editor

'Some Things Are More Important'

Dear Editor:

Sean Guilfoyle wants to have it both ways. He attacks increases in student fees, but then attacks me for opposing student fee increases to finance athletic expansion.

The problem is, you really can't have it both ways. Disagree with me if you choose, but at least I'm consistent.

I believe it is essential that higher education remain affordable and accessible to students of modest means. Consequently, I vote no on fee increases to finance expansion of intercollegiate athletic programs. Some things are more important.

Regent Chuck Hassebrook
University of Nebraska Board of Regents

'I Seek Relationship with God, Not Ritual'

Dear Editor:

I fully support Ron Larson's right to criticize the Christian faith, but I do not support his point of view. If we look at religion and all the atrocities committed in the name of Christ, most of us would come to the same conclusion. I submit that many of the acts committed by earlier Christians (e.g. the Crusades) were misinterpretations of Scripture in an attempt to justify man's own selfish desires for conquest and power.

Mr. Larson also mentions that we believe in a God for which we have no proof of existence. I admit that I have never seen Him, nor have I ever touched Him. I do believe that I am able to communicate with God through prayer and that He reveals Himself to all of mankind through Scripture. This does take a great deal of faith. Even more, it is a blind leap. It is also hard to scientifically prove the existence of God. In turn, it is even more difficult to disprove the existence of God and takes an even greater leap of faith. I realize Mr. Larson that you do not believe in the existence of any god. To that affect I say this: I believe that when I die I will go to Heaven and live eternally as a result of my acceptance of Christ's forgiveness of my sins. Other religions believe in an assortment of afterlife existences. Atheism provides no such opportunity. If I err, I prefer to be on the safe side, as do the billions of others on this earth who hold some sort of religious belief. To be perfectly honest with all those who might read this, I hate religion and the acts performed in the name of religion. I seek a relationship with God, not ritual. Mr. Larson, as a student of the Constitution, I do agree that you have a right to blast religion, but I do ask that you show us a little human dignity.

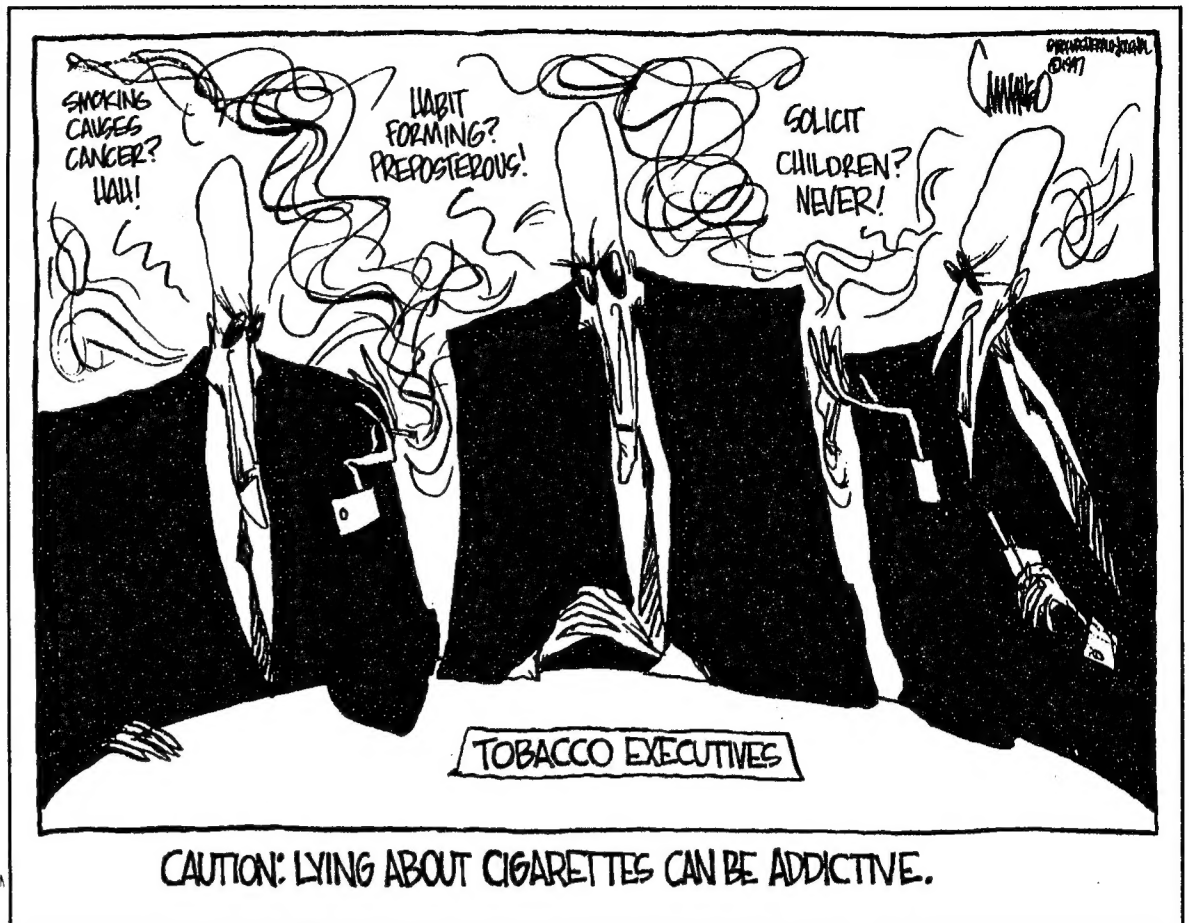
Respectfully,
Patrick Morrison

Got
something to
say?

write a letter to the editor

drop off your letters in room 115 in
the Student Center or e-mail to
editor@gateway.unomaha.edu

See staff box on page 2 for
complete letter policy



Another Member of the 21 Club

The moment you've all been waiting for. Actually, the moment I've been waiting for. Wednesday, April 23rd. It may seem like just another uneventful day on the campus of UNO, but it marks a significant, even historic, event in my life. The day I turn 21.

Suddenly, my seemingly pointless wander through life will finally have some meaning. No longer will I be shunned by those social elitists who choose to associate only with those who have entered the "21 club". Sure, I have lots of friends who are in the "club", but I've always felt sort of an outsider when it comes to the common bond they share. This bond isn't felt just with friends, though. It is a universal club, one that everyone will eventually attain (unless of course, you die). Not everyone will use their status to full potential, but all have an equal opportunity.

This perception of a "new lease on life" doesn't strike well with me. Yeah, it's great I'm going to be 21, but I don't think it will feel the same as the time I wasn't. It reminds me of the anticipation on Christmas morning. The knots that build up as you lie wide awake on that Eve, hoping that time hasn't ceased and that morning will soon be there. After the destruction...er...I mean celebration of Christmas, i.e. opening presents, you lose all the excitement that had amassed for nearly a year. Same thing applies to turning 21. It's not something you can achieve by doing good acts, or scoring high on an IQ exam (which, in my case would duly qualify me). You have to wait. That's it.

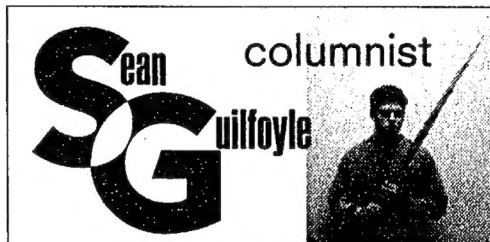
The unsureness of what lurks around the corner leaves an uneasy feeling in the pit of my stomach. All of a sudden, everyone is my best friend, and wants to be a part of my "celebration" (I'm not sure if celebration is the appropriate term, but it will do). Guys at work I hardly know, old high school classmates, new college friends, the works. Each individu-

ally has experienced their triumph as they moved into the "club", and has now amassed, whether consciously aware of it or not, to help initiate myself. The thoughts are frightening, yet I know it is something that must not be avoided. Somehow I don't think cake and ice cream are going to be on the menu. This birthday will be one of a "liquid diet".

It all boils down to this: Something I've never been able to have is finally in my grasp, and I don't know if I want to cling to it. It's not like I've never drank before. I have. Once (Lisa, Bill, Chei-Wei, Summer—ignore that last statement). Somehow I believe once it's there, it is not going to be nearly as significant as I once thought it

would be.

That day will soon come and go. The world still turns. I just don't think I'll feel the same about it. From what I hear, I'll probably feel nauseous and possess flu-like symptoms (does that always happen when you turn 21?). So, as I pray to



"Sure, I have lots of friends who are in the 'club', but I've always felt sort of an outsider when it comes to the common bond they share."

the porcelain god this coming week, I hope to reach one more pinnacle in the span of my life. Oh, and cut me a little slack if I happen to see you that day. The sun may be shining a little too much for my eyes to take.

What's in a Name? IST&E or Iced Tea

GUEST OPINION BY JAMES D. FOGARTY

Gateway Advisor

To the University of Nebraska at Omaha College of Information Science and Technology: your name is too long.

It doesn't fit nicely in newspaper headlines, nor on note pads, nor on office doors.

Your doggone name has 11 words — 67 letters.

You're about to construct a building. You're designing a curriculum, hiring faculty and recruiting students. So let's get serious about this name thing.

Here's how things will play out.

Everything will hum along nicely until the first day of classes in the fall of _____. Then your first students will start talking.

"Gladys, where do you go to school?"

"Oh, Spike, I attend the University of Nebraska at Omaha College of Information Science and Technology."

Once, she'll say that.

The next time she'll shorten the name, like students at the Massachusetts Institute of Technology did a century ago: "I go to MIT."

And there's the danger.

Our hypothetical UNO lass will tell the curious that she's a student at "I, S AND T," or "ISTY," or "ISHY," or some such horrid acronym. Maybe even "UNOST" or "UNOSCITECH." Names such as these got changed to Johnson at Ellis Island. And don't forget that people here go swimming at the "HYPER" [HPER] Building.

So your word-wise friends here at the Gateway have a proposal. For second references, headlines and the like, let's call the new college "I-Sci." Not bad, we think.

You can keep the official "UNO College of on-and-on." But for practical uses — including what lots of Gladyses will tell lots

of Spikes — "I-Sci" is futuristic, techie-sounding, not silly, one-of-a-kind — and short.

I-Sci's the answer, or the first time your dean has a "do," the nametags will be the size of license plates.

Lots of organizations have come to grips with name deflation. "International Business Machines" grew weary of 10-pound ID plates and went to "IBM." Who would ever write a check to "Minnesota Mining and Manufacturing Company" rather than the modern, "3-M?"

You sharp folks should heed our advice. It's good and it's free.

For heaven's sake don't hire one of those "public image" firms that will shorten your handle and even design a logo — for a six-figure hit to the taxpayers.

Results can be disastrous, as the executives at a well-known natural gas firm in Texas discovered. When an Omaha company merged with a Houston firm, an image consultant delivered a new company name that got used for only a week.

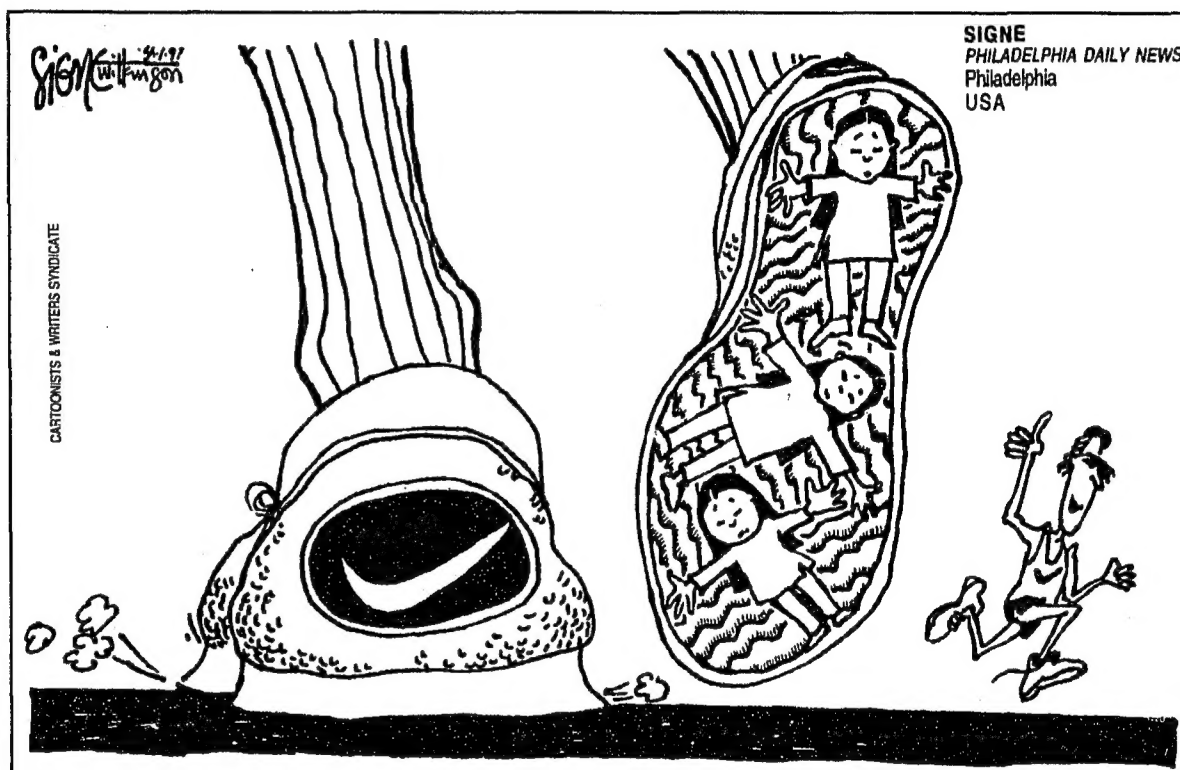
Until someone word-wise located the company name's definition in the dictionary: "the intestines; bowels."

So the proud merger partners ditched a few thousand reams of stationery and took a nicer name.

Enough said.

We're doing you a favor. Maybe a hundred years from now, when all of us have been "saved" to the big hard drive in the sky, the common reference to UNO's newest college will still be "I-Sci."

Unless, alas, you come up with a better one.



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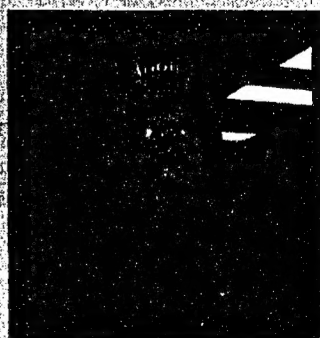


"How do you deal with spring fever?"



Pam Schaefer
Junior dietetics major

"Play softball and pray it doesn't snow or rain."



Brandon Steenson
Junior mathematics major

"Get outside as much as I can."



Erin Doll
Sophomore undecided major

"I'm getting away this weekend with no homework, no telephones. Just getting away."



Earcel Lewis
Junior textile design major

"Find an outdoor activity that you enjoy. I enjoy fishing."

NEWS

Researcher: Fresh Brewed Coffee May Fight Cancer

Reuters Media Service

SAN FRANCISCO—A freshly-brewed cup of coffee may do more than just wake you up in the morning — its smell might be helping your body fight cancer and heart disease, a California researcher said Monday.

High-temperature coffee brewing produces protective chemicals called antioxidants that can be beneficial to health, according to Takayuki Shibamoto, a professor of environmental toxicology at the University of California at Davis, near Sacramento.

"It's comparable to a potent antioxidant like vitamin E or vitamin C, and down the line, we may find that the flavor or aroma of coffee may have some beneficial health effects," Shibamoto said.

Oxidants are oxygen-containing molecules called free radicals. Many scientists believe they can damage DNA and the membrane of cells in ways that lead to cancer.

Antioxidants can reduce free-radical levels, and have been shown in recent studies to have cancer and age-fighting effects as well as to work against heart disease, Shibamoto said.

Shibamoto said these "healthful" antioxidants can be found in both regular and decaffeinated coffees. The antioxidant level in the aroma of one cup of coffee would be equivalent to three oranges, his tests showed.

To benefit from these chemicals, the coffee must be both smelled and consumed during the first 10 minutes after brewing and pouring, Shibamoto said. "If you leave the coffee sitting for too long, the chemicals will be lost," he said.

-- see Coffee, page 7 --

Good Exercise, Eating Habits May Disappear With Stress

By BOB CONDOR

Chicago Tribune

Knight-Ridder/Tribune News Service

Stress can be compared to paying income taxes: It's difficult to completely avoid but there are ways to lessen the impact.

Linda Van Horn, professor of preventive medicine at Northwestern University Medical School and a registered dietitian, said looming deadlines and other highly stressful periods make it easy to abandon good dietary and exercise habits.

"That's when people are most likely to give themselves license to eat junk food and skip exercising," she said. "Some of the worst offenses are consuming too much caffeine and eating high-fat, high-salt foods. Drinking alcohol is probably even worse."

The solution here is to keep your commitments simple. For example, resolve to drink beverages that have less caffeine. Walk more. And don't start a rigorous, regimented workout schedule when you are already over-committed on other fronts.

Drinking water or herbal tea instead of coffee still indulges a habit, Van Horn said, but in a more positive fashion by supplying more fluids to the body. Munching on fresh-cut vegetables instead of chips and candy provides longer-lasting carbohydrates and fiber.

"It optimizes energy rather than nervousness," she said. "You get both a physiological and psychological lift."

Just the act of eating seems to relieve stress in some people, which can be a good tactic, provided you eat the right things. (Nutritionists and doctors warn against overeating as a substitute for addressing emotional problems.)

Dr. Marco DeLaCruz, director of behavioral medicine at

the Rush Prudential HMO's Lincoln Park facility, said he tells patients to consider textures of foods during peak cycles of stress.

"I find that crunchy foods are the most satisfying, especially during a long, hard day," he said. "Biting into an apple allows you to work off some tensions simply in the act of chewing. A big mixed greens salad for dinner can do the same thing."

Another bonus: High-fiber foods like vegetables and fruit take longer to eat and tend to fill you up sooner. Softer foods, say turkey meatloaf, mashed potatoes and dinner rolls, are easier to chew; you are likely to eat larger portions.


Research shows the B vitamins (particularly B-5) are depleted more easily when people are under stress. The better food sources include whole grains, dried beans, eggs and nuts. You might also consider foods fortified with vitamins or supplements.

Sticking to your workout program also keeps stress to a minimum. Fitting physical activity into each day is probably the most important thing any person can do, DeLaCruz said, even if it's not as ambitious as training for a marathon.

"It's not about exercise as much as being active," he said. "Maybe you can walk to and from the train station or phone a food order to a restaurant that is 10 minutes on foot from the office. You need to find the time somehow in each day."

DeLaCruz suggested that most people fail to keep active because they don't select an exercise they like. Running or

-- see Health, page 7 --



Shades of Unity

American Multicultural Students
& International Student Services
1st Annual Semi-Formal

April 25th



MBSC Ballroom


6:30p.m. - 7:30p.m.
Recognition Banquet

8p.m.-12p.m.
Dance

Banquet & dessert bar

\$5.00 per person
student, faculty, staff
\$6.00 non-student



Women's Resource Center
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Milo Bail Student Center #301

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554-2730

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THE GATEWAY IS LOOKING FOR A FEW NEW FACES TO JOIN OUR TEAM. STOP BY OUR OFFICES IN THE NORTHEAST CORNER OF THE STUDENT CENTER FOR AN APPLICATION OR CALL 554-2470.

Correction

In Tuesday's issue, the entertainment calender erroneously reported the UNO department of dramatic arts' performance of "The Country Wife" as beginning at 9 p.m. The performance will begin at 8 p.m. in the UNO Fine Arts Building Theatre. Call 554-2335 for more information or for ticket sales.

-- from Health, page 6 --

using a stepper doesn't appeal to everyone.

"If you can't imagine keeping with it over the long term, then find some activity that you can visualize doing regularly," said DeLaCruz, who rides his bike to work during warmer months.

The other extreme is over-committing to an exercise program. Some novices expect progress too quickly, DeLaCruz said, and give up rather than start with more modest goals like walking for 30 minutes once or twice a week for the first month. Advanced exercisers can fall into a similar trap.

"They get overly stressed if they miss even one workout or don't perform well in a competitive event," DeLaCruz said. "There might be a perfectly good explanation, but these people are too hard on themselves."

DeLaCruz suggests this soothing measure for stressed-out people: Try "conscious breathing" exercises while sitting at your desk or on the bus. DeLaCruz recommends sitting upright in a comfortable position, then closing your eyes so you can become aware of only your breathing. No thinking allowed.

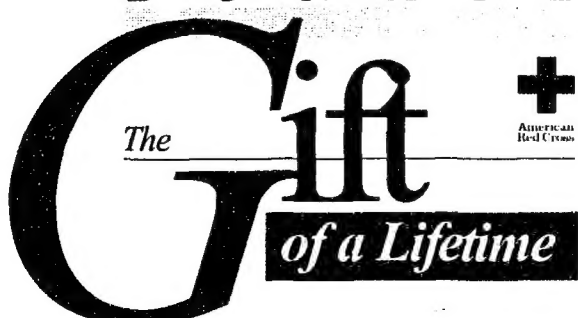
If you have time, extend this form of meditation to 15 minutes and attempt to keep your mind clear of any thoughts. When thoughts do occur, DeLaCruz said, "acknowledge them and gently go back to breathing." With practice, you can learn to keep your eyes open and combine this stress management technique with a workout.

-- from Coffee, page 6 --

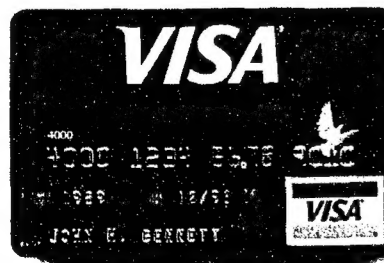
Shibamoto cautioned coffee drinkers against increasing their consumption of coffee based on the results of his study, saying further research was needed.

Shibamoto's findings, presented Monday at the American Chemical Society conference in San Francisco, were based on test-tube studies of coffee's compounds. He said the next step would be tests on animals.

D O N A T E

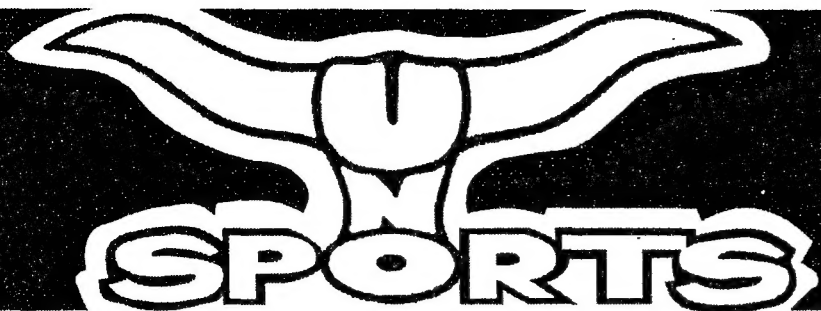


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"Judging from their performance levels this year, this is a high quality class"
--Mav Head Hockey Coach Mike Kemp

Baseballers Cinch Early Week Sweep

The Mavs claimed a four game sweep of Augustana on Monday and Tuesday, to go over the 20-win mark on the season. The wins mean the Mavs are 21-11 and have already bettered last year's performance when they went 19-28.

UNO beat Augustana in Sioux Falls, S.D., Monday to begin the series.

Tuesday, at home, the Mavs hit well and beat visiting Augustana soundly in both games to complete the series sweep. The games featured some impressive run production from the Mavs, including a Derek Voss grand slam and six RBIs by Greg Geary.

Augustana jumped out to an 8-4 lead early in the first game before the Mavs came back. The Mavs



Mav Pitcher Carey Schrank readies to strike out another Augustana hitter.



Greg Geary got six RBIs and a home run in the Mavs' wins Monday and Tuesday.

scored the last 11 runs.

The seven-run fifth inning featured the grand slam from Voss. Tom Sweeney also had a two-run homer, while Geary added a solo shot of his own.

The second game featured a solid pitching performance from Mike Kros, who gave up only two singles while striking out three Viking batters. It was his first win of the season.

Geary had three hits in each game, going 6-for-9, including two doubles, one homer, and three singles.

Augustana	305	000	0—8	12	2
UNO	133	170	0—15	17	1

W— Crosby (1-2). L— Tobin. 2B— Trollope, Gross, Geary, Prokupek, Voss. HR— Geary, Sweeney, Voss.

Augustana	000	100	0—1	2	0
UNO	011	310	0—6	12	1

W— Kros (1-0). L— Hokenstad. 2B— Geary, Kudym, Babe, Sweeney 2.

Lady Mavs Rough It On Diamond

BY JONATHAN PELPHREY

The UNO softball team got off to a bad start Monday. Facing two doubleheaders against two North Central Conference opponents, one on Monday and the next on Tuesday, the Lady Mavs managed only one run in an opening-game loss, before battling back to win the next three games.

South Dakota State, already losers of two games against the Lady Mavs earlier this year, won the game, 3-1, with solid pitching. Jackrabbit ace Melissa Peter gave up just one hit over five innings and Jamie Dorfner pitched the save in the upset victory.

UNO catcher Jenni Riva batted in Holly Voss for the Lady Mavs' only run.

In the second game, the Lady Mavs exacted a measure of revenge on Peter, beating her and the rest of the Jackrabbits, 7-2.

The pivotal point came in the bottom of the third inning. Down 2-0, the Lady Mavs scored a total of five runs, to jump ahead for good. Mindy Hahne keyed the rally, driving in three runs on a double off of Peter.

Freshman Kelly Secord pitched for the Lady Mavs, allowing two runs on seven hits.

On Tuesday the team returned to Omaha to face No. 17 Augustana for two games. In the first game, the Lady Mavs made up for their lackluster performance a day earlier. After a sluggish start, they pounded out 10 runs in the top of the fourth inning to take a commanding lead.

Tara Buzzell (14-3) held the Vikings to one run on five hits and the Lady Mavs went on to win 11-1.

In the second game the Lady Mavs jumped all over the Viking pitchers for an 11-0 victory. Voss went 2-for-4 with an RBI and Stacie Vainiunas hit her first home run to key the UNO hitting barrage.

The Lady Mavs' 12 hits resulted in 11 runs, while Secord secured her 12th win with a shut-out of the 24-7 Vikings.

After splitting doubleheaders with South Dakota (April 1), Nebraska-Kearney (April 3) and South Dakota State, the Lady Mavs fell to No. 4 in the latest national Division II softball poll. They had been ranked No. 2.

-- see Softball, page 9 --

Nine Skaters Sign On the Line

BY JONATHAN PELPHREY

The UNO hockey team signed nine new players Tuesday, to bring the total number of recruits to 18. Three defensemen and six forwards signed national letters of intent to attend UNO and play for the Mavs next fall.



"We still have some important holes to fill, but these are great additions to our team," Coach Mike Kemp said. The final roster next fall will probably have 26 to 28 players, according to Kemp.

All three defensemen who signed are already enrolled at UNO. One of them, Tom Kowal, is currently playing as an Omaha Lancer. The others are Colin Strom, a 5-foot-11-inch, 190-pounder from Calgary, Alberta, and Darrin Bradley, 6 feet 2 inches and 195 pounds, from North Delta, British Columbia.

Another current Lancer, 5-foot-5-inch 150-pound forward Andrew Tortorella from Glenhead, N.Y., has also signed.

Besides Tortorella, who had 22 goals and 56 assists during the United States Hockey League season, the Mavs also

signed Billy Pugliese (5 feet 10 inches, 190 pounds, from Thunder Bay, Ontario) of the Green Bay Gamblers. He finished with 29 goals and 34 assists despite a shoulder injury.

Among the other forwards signed by the Mavs is Jason White, a 5-foot-9-inch 175-pound center from Stitsville, Ontario, who was named a first-team all-star in the Central Junior Hockey League.

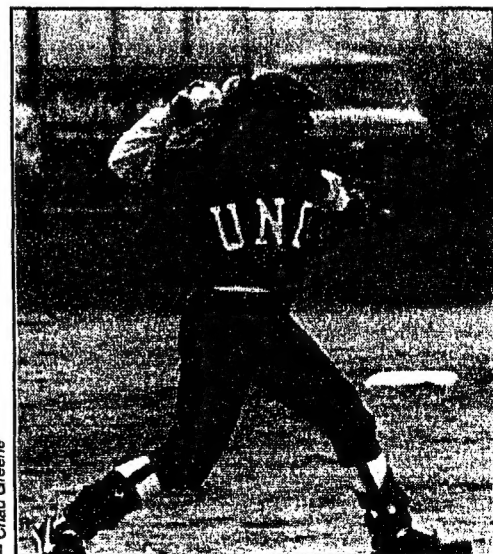
Joining him are James Chalmers, 6 feet-2 inches, 170 pounds, from Mississauga, Ontario, who plays both center and left wing; Steve Rogers, a 5-foot-10-inch 170-pound center from Leask, Saskatchewan, who had 41 goals and 42 assists in 60 games last year; and Vic Sharma who, at 5 feet 9 inches and 175 pounds, had 37 goals and 67 assists in 54 games last year. Sharma is from Markham, Ontario.

All the forwards will be freshmen next fall, while all the defensemen will be juniors.

"I think that our spring recruiting compliments our fall class very well," Kemp said. "Our signees in the early signing period [last fall] probably focused more on building a solid defensive core. This group includes more offensive players."

"Judging from their performance levels this year, this is a high quality class," he said.

The Maverick's current roster now includes six freshmen, seven sophomores, and five juniors. By position, there are two goalies, six defensemen and 10 forwards.



Shortstop Kelly Davis rears back for the throw to first base.

Sidelines: Spring Scrimmage And Lady Mavs Honored

Ah, Spring... Scrimmage

The Mavericks of the gridiron will wrap up their spring practices Saturday when they storm Al Caniglia Field for their annual spring intrasquad game. The footballs will fly starting at 1:00 p.m.

Kaiser, Loth Honored Again

Lady Mav basketball players Stacie Kaiser and Amy Loth have both been named to the 1997 Academic All-North Central Conference Women's Basketball Team. Both players have already received numerous awards for their efforts both on and off the court this year.

Kaiser and Loth are both pre-law majors.

Loth has a 3.99 grade point average, and Kaiser is holding down a 3.93 GPA.

Loth is a three-time selection to the team. Kaiser has now been named to the team twice.

The two seniors are joined by teammate Amy Breen, also a senior, who was given honorable mention honors.

Women's Walk Tomorrow

The 12th annual Diet Pepsi Women's Walk will be held this Saturday at Caniglia Field and the UNO Fieldhouse. Over 1,000 women are expected at the event which earned over \$100,000 last year. Check-in is at 9 a.m. at the Fieldhouse.

-- from Softball, page 8 --

Nebraska-Kearney is No. 4 and North Central Conference rival Mankato State is No. 14 in the poll released Wednesday.

NCAA Division II Women's Softball Poll

SDSU 001 110 0—3 7 2
UNO 000 010 0—1 5 0
W— Peter. L— Buzzell. 3B— SDS; Turner

SDSU 200 000 0—2 7 1
UNO 005 002 x—7 7 2
W— Secord. L— Peter (16-4). 2B— SDS; Friberg, Brandel. 3B— UNO; Hahne.

UNO 000 (10)1—11 9 1
Augustana 010 00 —1 5 3
W— Buzzell (14-3). L— Kreich. 2B— UNO; Hugenberg. HR— UNO; Howe. A; Mancuso.

UNO 320 105 —11 12 0
Augustana 000 000—0 5 1
W— Secord (12-2). L— Connoly. 2B— UNO; Voss, Hahne, Hugenberg. HR— UNO; Vainiunas.

1. Wisconsin-Parkside (44-7) 156 pts.
2. Kennesaw State (Ga.) (39-3) 152 pts.
3. UC Davis (35-4-1) 145 pts.
4. UNO (29-5) 137 pts.
5. Bloomsburg (Pa.) (30-1) 129 pts.
6. Nebraska-Kearney (25-4) 119 pts.
14. Mankato State (Minn.) (22-7) 66 pts.
17. Augustana (S.D.) (24-7) 25 pts.

Sports Schedule

What	When	Where
Baseball vs. South Dakota (Doubleheader)	Saturday, April 19th, 1:30p.m.	Vermillion, SD
Baseball vs. South Dakota (Doubleheader)	Sunday, April 20th, 1:30p.m.	CWS Park
Softball Morningside (Doubleheader)	Tuesday, April 22nd, 5/6:30p.m.	Home
Outdoor Track Sioux City, Iowa	Friday April 18th, 10:00a.m.	Sioux City, Iowa
Outdoor Track Doane Relays	Saturday, April 19th, 10:00a.m.	Crete

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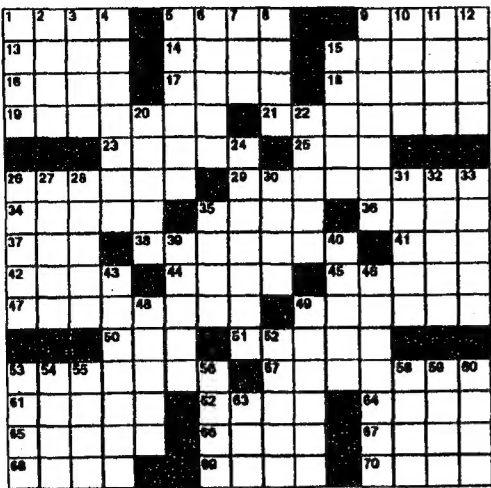
DEADLINE APRIL 22

For more information stop by the Gateway office, MBSC 115, or call 554-2470

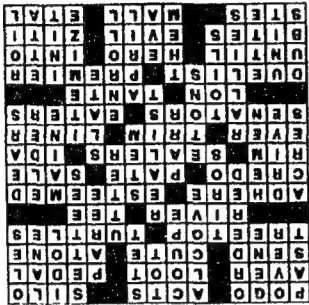
on the lighter side

The Crossword

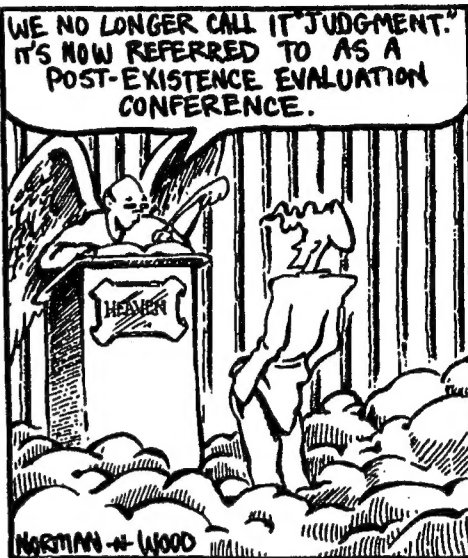
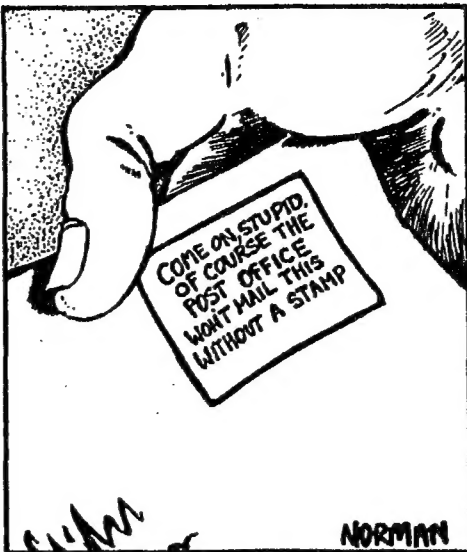
- ACROSS
- 1 Kelly's 'possum
 - 5 Bible book
 - 9 Farm structure
 - 13 State strongly
 - 14 Pillage
 - 15 Bike part
 - 16 Remit
 - 17 Delightfully pretty
 - 18 Make amends
 - 19 Place for sparrows
 - 21 Terrapins
 - 23 Mississippi, e.g.
 - 25 Greens gadget
 - 26 Stick
 - 29 Honored
 - 34 Belief
 - 35 Party snack
 - 36 Store event
 - 37 Edge
 - 38 Certain hunters
 - 41 Cantor or Lupino
 - 42 At any time
 - 44 Neat
 - 45 Pleasure cruise boat
 - 47 Lawmakers
 - 49 Cafe patrons
 - 50 Chaney of the silents
 - 51 Henri's aunt
 - 53 Swordsman
 - 57 Foremost
 - 61 Up to now
 - 62 Icon
 - 64 Division word
 - 65 Nips
 - 66 Fiendish
 - 67 Pasta dish
 - 68 Jeanne et Bernadette: abbr.
 - 69 Shopper's place
 - 70 Lat. abbr.
- DOWN
- 1 Gone by
 - 2 Above
 - 3 Siskel or Wilder
 - 4 Commanded
 - 5 Secluded spot
 - 6 Car type
 - 7 Wee one
 - 8 Let it stand
 - 9 Lounges
 - 10 Pedestal figure
 - 11 Country road
 - 12 Corrida cheers
 - 15 Gay —
 - 20 Outer space rocket
 - 22 Say
 - 24 Practical person
 - 26 Farm measures
 - 27 Energy
 - 28 Muscled males
 - 30 Stop
 - 31 Bangor's state
 - 32 Church official
 - 33 Sweet ones
 - 35 Young salmon
 - 39 British collars
 - 40 List of candidates
 - 43 Gatherings
 - 46 List
 - 48 Works hard
 - 49 Enter
 - 52 Spring month
 - 53 Names
 - 54 Single entity
 - 55 Diminutive suffix
 - 56 The others
 - 58 Monogram part: abbr.
 - 59 Singer James
 - 60 Make muddy
 - 63 Ms. Gabor



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- 60 Make muddy
- 63 Ms. Gabor



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Spring '97 Intramural Sports / Session #2, Week #4 / April 7-April 13

SOFTBALL

Wins Losses

Wednesday Fraternity "A" League

Bad Weather Cancellation

Sunday "A" League

Bad Weather Cancellation

Sunday Co-Rec League

Bad Weather Cancellation

4x4 FLAG FOOTBALL

Wins Losses

Sunday "A" League

Bad Weather Cancellation

Sunday "B" League

Bad Weather Cancellation

TENNIS

Tuesday League

Wins Losses

Medina

2

1

King

1

2

Jacobs

0

3

Cool

0

3

Holeman

0

4

AEROBIC SCHEDULE ALL FREE CLASSES

Monday - Friday

Saturday

6:45 - 7:30 am

9:00 - 10:00 am

12 noon - 1:00 pm

12 noon - 1:00 pm

3:00 - 4:00 pm

2:30 - 3:30 pm

5:30 - 6:30 pm

Sunday

6:30 - 7:30 pm

2:00 - 3:00 pm

"HOW TO" Schedule

TENNIS

1 pm, April 26th
Meet Rm 100 HPER
Play at Tennis Courts

ARCHERY LAB

Open
Mon. 1:30-3 pm
Wed. 2 - 3 pm

GOLF LAB

Open
Mon. and Wed.
12 noon - 1 pm

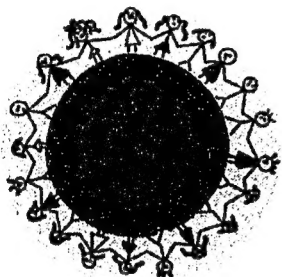
SOFTBALL

1 pm, April 19
Meet Rm 100, HPER
Play at Pep Bowl

MASSAGES

5-7 pm, May 1
Rm 110, HPER

Please Call Angel at 554-2539 if you have any questions.



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June 23-27 -- Adventure in the Outdoors

July 7-11 -- Leadership

July 14-18 -- Back to the Arts

July 21-25 -- Environmental Awareness

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Software company seeks computer science majors to split responsibility between Product Development Dept. and as an Admin. Asst. Knowledge of Cobol is a plus. Send resume to: Data Technologies, Inc. ATTN: PERSONNEL 2428 South 156th Circle, Omaha, NE 68130.

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90 Chrysler Lebaron Convertible 55k miles, maroon with white top. \$6,000. Call after 4pm weekdays anytime Sat. or Sun. 328-6936.

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Looking for two roommates to share nice spacious 3 bdrm. duplex. Central air, 1 1/2 bathrooms and security lights. Grad./prof. preferred. \$250/mo. + util. and \$200 deposit. 346-2667.

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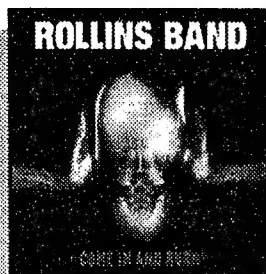
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METAL



ROLLINS BAND
Come In And Burn

\$11.88 CD

In September of 1996, we started pre-production with Steve Thompson. In October we went to the studio and tracked 19 songs in a couple of weeks. The outcome of all this work is a record called *Come In And Burn*.

POST AMBIENT POP

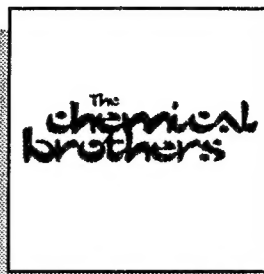


STEPHEN SHEEHAN
Eyes Of The Wilderne

\$11.88 CD

Remastered 1990 solo release of atmospheric rock with European influence by digital sex vocalist Stephen Sheehan. Dynamic, passionate and beautiful, this 1997 version includes 25 extra minutes of accessible Ambient pop. A GEM!

ALTERNATIVE/TECHNO POP



CHEMICAL BROTHERS
Dig Your Own Hole

\$11.88 CD

Dig Your Own Hole, the follow-up to the massive *Exit Planet Dust* is the next chapter in The Chemical Brothers' quest for World Sonic Domination, and features the MTV Buzz clip "Setting Sun." *Dig Your Own Hole* features 11 new tracks, including a never-before released mix of "Get Up On It Like This."

ROCK/METAL



GWAR
Carnival Of Chaos

\$11.88 CD

Carnival of Chaos is the latest bit of naughtiness from those intergalactic crack pots, Gwar. On their sixth full-length recording the members of Gwar have decided to let it all hang out and just jam.



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ALTERNATIVE
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OUTHOUSE
Welcome

\$11.88 CD

OutHouse played their first shows, just a few weeks after forming, to some excited crowds and began building a Kansas City Following. Since then, the band has been playing shows across the country spreading their base to other cities including St. Louis, Memphis, New York and Toronto.

AMBIENT POP



PAUL HASLINGER
World Without Rules

\$11.88 CD

World Without Rules takes on the new era of trans-global, polyrhythmic, multi-sampled pop music with energy, passion, and intelligence. Richly textured, with authentic instruments and voices from around the world and dynamics from crushingly intense to ethereal.

SOUL?POP

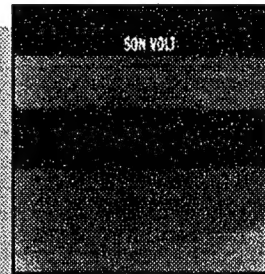


RAHSAAN PATTERSON
Rahsaan Patterson

\$9.88 CD

On his self-titled debut album, Rahsaan delivers a melange of melodies reminiscent of great works like Stevie Wonder, Donny Hathaway, Sly Stone, and contemporaries such as Levin Campbell. Still, the music characterized by smooth vocals, meaningful lyrics and soulful delivery.

ROOTS ROCK



SON VOLT
Straightaways

\$11.88 CD

Son Volt returns with *Straightaways*, the band's much-awaited second album. With Jay Farrar's extraordinary new songs continuing to draw from the same lonesome wellspring of torn-and-frayed rustic Americana that he's been tapping since his days in Uncle Tupelo.

ROCK/POP



TREEHOUSE
Nobody's Monkey

\$11.88 CD

Nobody's Monkey, the debut album from England's Treehouse, raised on the hard-edged streets of Liverpool, the band's mix of power and melody is reflective of their Northern English roots, while their uniquely organic qualities link them to a more American sound.

ADULT CONTEMPORARY

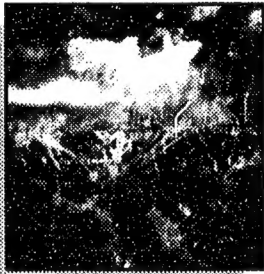


ANGELA KASET
Sanctuary

\$11.88 CD

Whether it's a poet's passion, love lost or love found, hearts broken or on the line, Angela Kaset lives there. *Sanctuary* features eleven songs in a musical & lyrical odyssey that travels from the stark *Take No Chances* through Angela's self-penned hit *Something In Red* and seeking shelter finally finds *Sanctuary*.

SINGER SONG WRITER



JEREMY TOBACK
Perfect Flux Thing

\$11.88 CD

Jeremy Toback refers to his debut full-length release *Perfect Flux Thing*, as "the post-Buffalo Springfield phase the Neil Young never went to." Jeremy and Stone Gossard (Pearl Jam) became friends and before Jeremy knew it he was playing bass in Gossard's side project, Brad.

ROCK/ALTERNATIVE/SKA



NOWHERE
Soundtrack

\$11.88 CD

Artists include: 311, Radiohead, Elastica, Hole, The Chemical Brothers, Massive Attack, Coco and the Bean, Catherine Wheel, Curve, Lush, Ruby, James, Chuck D, Marilyn Manson, and The London Suede

ROCK



THE LABELS
Grin & Bare It

\$11.88 CD

The Labels, the Omaha based band's new release *Grin & Bare It* consists of all original material. Some critics call it Grunge-Pop while others call it Rock-n-Roll.

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Old Market • Omaha
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